



{inclusion outreach}




1031 Lucas Avenue

Victoria, BC V8X 5L2

Tel 250-595-2088

[www.inclusionoutreach.ca](http://www.inclusionoutreach.ca)

## SENSORY EQUIPMENT

Product Name	Description – How it helps
<b>Alternate Seating</b>	
Hokki Stool 	Allows seated movement at a table or desk for regulation of attention and focus.
NeoRok 	Allows seated movement at a table or desk for regulation of attention and focus.
T-Stool 	Allows seated movement at a table or desk for regulation of attention and focus.

Respect

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<p>Zuma Rocker</p> 	<p>Allows seated movement at a table or desk for regulation of attention and focus. Linear rocking is calming, and helps reduce anxiety. Great for students who tip their chairs back on the rear legs</p>
<p>Ball Chairs</p> 	<p>Allows seated movement at a table or desk for regulation of attention and focus. Students require clear and concise expectations.</p>
<p>Bean Bag Chairs</p> 	<p>Beanbag chairs can provide deep pressure input, and some positioning support to sit on the floor during carpet time etc. Sizes available vary.</p>
<p>Movin' Sit cushions</p> 	<p>Provides movement opportunity when seated. Wedge shape, which helps shift the pelvis forwards, discouraging a slouching spine. May not be suitable for a child with a weak core.</p>
<p>Disc O' Sit, Sissel, Sit-Fit</p> 	<p><u>Disc o'sit™</u> or sometimes referred to as <u>Sissel seats™</u> are air filled cushions that provide movement, vestibular and tactile input. May not be suitable for a child with a weak core.</p>

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Sensory Tools	Description – How it helps
<p>Airwalker/Cuddle swing</p> 	<p><u>Airwalker/ Cuddle swing</u> can provide vestibular, proprioceptive, tactile and movement input. It can help to facilitate calming as well as help children work on rehab related goals such improving body and spatial awareness. Requires a stable, properly installed ceiling mount.</p>
<p>Bear Hug (Neoprene) Vest</p> 	<p>The Bear Hug Vest provides deep pressure, proprioceptive input, and helps to calm.</p>
<p>Body Sox</p> 	<p>Body Sox™ are made of Lycra® that stretches and pulls against the body. It provides proprioceptive input into the body.</p>
<p>Chewy Tubes</p> 	<p>Chewy Tubes provide oral (sensory) input, and can be useful during carpet time, assemblies or tabletop activities.</p>
<p>Chewlery</p> 	<p>Chewlery provides oral (sensory) input. Consider quick release on necklaces for safety.</p>
<p>Fidgets</p> 	<p>Fidgets provide tactile input and may assist with attention. They include squish balls, poppers, pencil toppers, koosh balls, spiky balls, etc. Students are all informed of expectations of use.</p>

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<p>Foam Blocks</p> 	<p>Foam blocks can be used as 'heavy work' when carried by the child or be used to 'crash' into to provide vestibular, deep pressure and tactile input. Consider blocks that have wipeable covers.</p>
<p>Hop-it Ball</p> 	<p>Hop-it balls provide movement and vestibular input. They increase arousal. Consider the child's safety with falling off.</p>
<p>Lomsk Chair</p> 	<p>The Lomsk <sup>TM</sup> chair from Ikea is a great example of a "womb space seat". The cover creates a little get away for the child to decrease visual stimulation and relax in. With the cover open, you can use your foot to swivel the chair. Can be used in a quiet part of the classroom to help decrease visual or auditory stimuli.</p>
<p>Medicine Balls</p> 	<p>Medicine (weighted) balls can be used as a 'heavy work' activity. This can help facilitate calming for those who are seeking movement.</p>
<p>Noise-reducing Headphones</p> 	<p>Helps to reduce distracting and extraneous noise. Also provides the ear with deep pressure. The NRR (noise reduction rating) varies on models.</p>
<p>Resistance Tunnels</p> 	<p>Resistance Tunnels provide 'heavy work', proprioceptive input, movement and tactile input. Can be dark inside for children afraid of the dark.</p>
<p>Roll—Foam (e.g. Tumble Form Roll)</p> 	<p>TumbleForm rolls can be used to provide deep pressure and facilitate calming.</p>



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<p>Scooter Boards</p> 	<p>Scooter boards provide movement and vestibular input. Direct supervision required for safety with falling off.</p>
<p>Stretch-Ease</p> 	<p>Stretch-Ease stretches and pulls against the body. It provides proprioceptive input. The resistance against the body helps facilitate calming. Multiple sizes, needs to be small enough to provide resistance.</p>
<p>Tactile Discs</p> 	<p>Tactile discs are suitable for children seeking tactile input. Hopping from one disc to the next also provides movement input. The discs can also be used to touch and feel.</p>
<p>Therapy Balls</p> 	<p>Therapy balls can be used to calm or alert depending on the activity. Can also be used as a chair to provide vestibular input.</p>
<p>Tire Swing</p> 	<p>Tire swings provide movement and vestibular input. Spinning the tire swing facilitates alertness, while a back and forth movement can facilitate calming. Properly installed ceiling mount required.</p>
<p>Trampoline (Mini)</p> 	<p>Trampolines provide movement and vestibular input. Consider the need for a handle for balance.</p>
<p>Weighted Blankets</p> 	<p>Weighted blankets provide deep pressure input to the body to help calm an anxious or over stimulated person. Please consult an occupational therapist to review use and risks.</p>







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<p>Weighted Animals</p> 	<p>Weighted animals provide deep pressure input to the body to help calm an anxious or over stimulated person. Please consult an occupational therapist to review use and risks.</p>
<p>Weighted Lap Pads/ Weighted Lap Quilts</p> 	<p>Weighted lap pads provide deep pressure input to the body to help calm an anxious or over stimulated person. Please consult an occupational therapist to review use and risks.</p>
<p>Weighted Vests</p> 	<p>Weighted vests provide deep pressure input to the body to help support regulation. Please consult an occupational therapist to review use and risks.</p>
<p>Vibrating pillows and Animals</p> 	<p>Vibration can be used as a calming tool and to distract a child from another sensation such as squeezing the pillow during haircuts.</p>

#### Sensory Equipment and Tools Sources:

- School Speciality, Amazon, Sammons Preston, Flaghouse, Southpaw Enterprises, FDMT, Tools for Kids, Kid Companions, Affordable Therapy Solutions, etc.